



## Yoga for Beginners

Location	Cheadle College
Course Type	Adult
Department	Sport
Start Date	Monday 13th January 2025
Duration	Part-time, 4 Weeks
Time	17:00 - 19:00
Fee	£ 25.00 You may be eligible for support with your tuition fees - please visit the college website - funding and finance page for further information
Course Code	CPQ-CYXZ-1025

## Course Overview

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Yoga is a holistic system of physical and mental practices that originated in ancient India. It encompasses a wide range of techniques and disciplines designed to promote physical, mental, and spiritual well-being. The word "yoga" itself comes from the Sanskrit word "yuj," which means to yoke or unite, reflecting the idea of uniting the mind, body, and spirit.

Yoga is practiced for various reasons, including physical fitness, stress relief, relaxation, spiritual growth, and self-awareness. It can be adapted to suit the needs and abilities of individuals."

## Course Requirements

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Participants are not required to possess any previous knowledge or expertise. We welcome individuals with a genuine enthusiasm for the subject and a willingness to actively engage and contribute.

Please speak with a member of our team if you have a medical condition or have had a recent injury which may make it difficult or challenging to participate in certain yoga activities.

## What You Will Learn

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Yoga includes various components, with the most common ones being:

**Asanas:** These are physical postures and poses that are designed to improve flexibility, strength, and balance. Yoga postures are often what people most commonly associate with yoga.

**Pranayama:** This involves the control of breath or life force (prana) through various breathing exercises. It aims to improve the flow of vital energy in the body and enhance overall well-being.

**Meditation:** Meditation is a fundamental part of yoga that focuses on calming and stilling the mind. It helps in developing mindfulness, concentration, and self-awareness.

**Mudras:** Hand gestures and body postures that are believed to channel energy and enhance the flow of prana.

## Assessment

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There will be no formal assessment

## Progression

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Upon completion of the course Students may wish to progress onto a more advanced Yoga course.

A variety of leisure and community courses are offered for your enrolment, including but not limited to:

Hair and Media Make-up

Health and Social Care

Art and Design

Languages

Childcare and Education

Counselling

Digital Skills

Hospitality and Catering

## Career Options

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Completing a beginner's yoga course can be the first step towards various career options in the field of yoga and wellness. While a comprehensive yoga instructor certification typically requires more training and experience, a beginner's course can provide a foundation for further development in these areas. Here are some career options and paths you can consider:

**Yoga Instructor:** After completing a beginner's course, you can pursue additional training and certification to become a certified yoga instructor. Becoming a certified yoga instructor allows you to teach yoga classes at studios, gyms, community centres, or even privately.

**Yoga Therapist:** After advanced training in yoga therapy, you can work with individuals who have specific health issues or conditions and use yoga as a therapeutic tool to improve their well-being. This typically requires further education and specialisation.

**Corporate Yoga Instructor:** Many companies offer yoga and wellness programs to their employees. As a yoga instructor, you can specialise in providing yoga sessions in corporate settings, helping employees manage stress and improve their physical health.

**Yoga Retreat Leader:** If you enjoy travel and want to combine it with your yoga practice, you can lead yoga retreats in various locations. These retreats often include yoga classes, meditation, and relaxation activities.

**Yoga Blogger/Content Creator:** If you have a passion for writing or creating content, you can start a blog or YouTube channel focused on yoga, wellness, and healthy living. With time and effort, this can lead to opportunities for monetisation and sponsorships.

**Yoga Therapist Assistant:** You can assist certified yoga therapists in their practice or work in rehabilitation centres, helping individuals recover from injuries or manage chronic conditions through yoga.

**Wellness Coach:** Combine your yoga knowledge with additional training in wellness coaching to help individuals achieve a balanced and healthy lifestyle.

**Yoga Product Sales and Retail:** Work in the yoga industry by selling yoga equipment, clothing, or accessories, or managing a yoga retail store.

## Mandatory Units

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There are no mandatory units

## Contact Details

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For further information please contact T: 0161 886 7070 or E: [info@trafford.ac.uk](mailto:info@trafford.ac.uk)

## Disclaimer

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Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.